



Activities Calendar

Call Emily at 206-707-1865 if you would like to register for any of these activities!

Classes with an asterisk (*) are only offered virtually; this includes Music and Mindfulness, Matter of Balance and Bingo. Tai Chi and Chair yoga are offered both virtually on Zoom and in-person. All other classes are in-person only at the Lamb of God Church.

The Lamb of God Church is located at 12509 27th Ave NE Seattle WA 98125, right behind the Lake City Community Center and Albert Davis park.

<p><u>7/19 Monday</u> 10- Rock N' Roll Aerobics 11:15- Chair Yoga 12:30-1:30 Lunch 2:00- Music and Mindfulness*</p>	<p><u>7/20 Tuesday</u></p>	<p><u>7/21 Wednesday</u> 10-Tai Chi 11- Art w/ Marilyn 11:30- Tech Help 11:30-Umbrella Walk 12:30-1:30 Lunch 1:30 –Bingo*</p>	<p><u>7/22 Thursday</u></p>	<p><u>7/23 Friday</u> 10:00- Matter of Balance* 11:00-Latin Dance 12:30-1:30 Lunch 1:30- Watercolor Class</p>
<p><u>7/26 Monday</u> 10- Rock N' Roll Aerobics 11:15- Chair Yoga 12:30-1:30 Lunch 2:00- Music and Mindfulness*</p>	<p><u>7/27 Tuesday</u></p>	<p><u>7/28 Wednesday</u> 10-Tai Chi 11- Art w/ Marlyn 11:30- Tech Help 12:00-Adult Playground 12:30-1:30 Lunch 1:30 –Bingo*</p>	<p><u>7/29 Thursday</u></p>	<p><u>7/30 Friday</u> 10:00- Matter of Balance* 11:30-ORCA Pop-up 11:00-Latin Dance 12:30-1:30 Lunch 1:30- Watercolor Class</p>
<p><u>8/2 Monday</u> 10- Rock N' Roll Aerobics 11:15- Chair Yoga 12:30-1:30 Lunch 2:00- Music and Mindfulness*</p>	<p><u>8/3 Tuesday</u></p>	<p><u>8/4 Wednesday</u> 10-Tai Chi 11am- Art w/ Marilyn 11:30- Tech Help 11:30-Umbrella Walk 12:30-1:30 Lunch NO Bingo</p>	<p><u>8/5 Thursday</u></p>	<p><u>8/6 Friday</u> 10:00- Matter of Balance* 10:00- Sound Generations Presentation* 11:00-Latin Dance 12:30-1:30 Lunch 1:30- Watercolor Class</p>
<p><u>8/9 Monday</u> 10- Rock N' Roll Aerobics 11:15- Chair Yoga 12:30-1:30 Lunch 2:00- Music and Mindfulness*</p>	<p><u>8/10 Tuesday</u></p>	<p><u>8/11 Wednesday</u> 10-Tai Chi 11am- Art w/ Marlyn 11:30- Tech Help 12:00-Adult Playground 12:30-1:30 Lunch 1:30 –Bingo*</p>	<p><u>8/12 Thursday</u> <u>Orca Field Trip</u></p>	<p><u>8/13 Friday</u> 10:00- Matter of Balance* 11:00-Latin Dance 11:30-ORCA Pop-up 12:30-1:30 Lunch 1:30- Watercolor Class</p>

SDOT Field Trip



August 12th and 24th
Starting at 10am until 3pm

We are bringing back in-person, Seattle Department of Transportation, field trips! This year we are starting at the Lamb of God Church and are making our way to Alki Beach for a lunch with other older adults from the South Park Senior Center. We will ride on several types of transportation including the Water Taxi from downtown to Alki Beach.

This field trip will take several hours and will require you to ride on a bus a ferry. Lunch will be provided.

If you would like more information or would like to register, please give Emily a call at 206-707-1865. Priority is given to those who have not gone on a field trip in the past.

Orca Pop-up



ORCA RRF (Regional Reduced Fare Services) are returning! This year the community liaison who will be assisting you with your Orca needs is Kathleen—she is fluent in both Spanish and English.

July 30th from 11:30-1:30pm

Services Available:

- Sign up to receive an ORCA RRF card
- Get information about the RRF card

The next pop-up is August 13th from 11:30-1:30.

JOIN US FOR AN 8-WEEK INTERNATIONAL ARTS PROGRAM VIA ZOOM

The Seattle Public Library in partnership with SilverKite Community Arts, (United States), Theatre Today (Singapore), and Seattle-based Kin On and CISC will offer a FREE online 8 week international arts program which explores the impact of COVID on seniors in Seattle and Singapore.

During the project you will have a chance to meet and interact with seniors in Singapore while making art together, sharing stories, and doing simple movement activities.

The weekly online program will be offered on Tuesdays from 6:30 - 8:00pm from August 3, 2021 - September 21, 2021 via Zoom.

To register, please email: info@silverkite.us or call (360) 218-4884



**TUESDAYS,
AUGUST 3 -
SEPTEMBER 21
6:30 - 8PM**

**FREE!
REGISTRATION
REQUIRED**

TO REGISTER:

info@silverkite.us
(360) 218-4884



Sound Generations Presentation



Did you know Lake City Seniors is part of Sound Generations?

Did you know Sound Generations runs Meals on Wheels for Seattle?

Did you know Sound Generations has a Home Repairs Team, runs the Hyde Shuttle, Volunteer Transportation and much more!

Join us at 10am on Friday, August 6th for an interactive presentation about Sound Generations. Ask any questions you might have get more information about all the services we offer.

Call Emily at 206-707-1865 to register.

5	8	7	3	4		6		
6			7		8		4	3
		4	2			5		8
1				8		3	2	
	9		4	3			8	
3				6	2	7		
	5				4	8	3	1
	6							9
8		2	5		3			

Random Trivia

1. What was the first toy to be advertised on television?
2. What's the most frequently sold item at Walmart?
3. What are the folds of skin on a cat's ears called?
4. What are baby owls called?
5. On average, how long does it take food to pass through the human body?

7	6	4	3	9	5	2	1	8
9	5	2	1	7	8	3	6	4
1	3	8	4	2	6	9	5	7
5	9	7	2	6	1	8	4	3
6	8	1	7	3	4	5	9	2
4	2	3	5	8	9	6	7	1
8	7	5	6	1	2	4	3	9
3	4	9	8	5	7	1	2	6
2	1	6	9	4	3	7	8	5

Random Trivia

1. Mr. Potato Head
2. A Banana
3. Henry's Pockets
4. Owlets or nestlings
5. 53 hours!

Q: What did the beach say to the tide when it came in?
Long time, no sea.

G O R E I S E B O H O U A D S I W D T U
A A A E B U E O E A T R N E O W E V O H
T G T N E T O S G H H L L L A T N E E L
I B A E L I E F D D I T E G G H O I E P
E S T W I N G E I F U N T N E E Y A H I
T E O T S A D A R L H A D A I L N R O E
T D U W T N F O B N I P I T I I I U N Y
N L I S A T O E R N B R A I N O E O A O
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R F E D E Y Y S B N N T R R C I H A E U
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T U A L R A N B A V R R J A C G A G E H
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I E T A N W V D J O S N A A E E I L N E
I I T R N U O U P E R I A T L S D R A P
C F E T O N R B O U A F R E L P N A O O
H C A O O E U N T S C A O E A C O D I D
E S D A E D R O F F A D T A W O B P E E

LEFT ____

- | | |
|---------|---------|
| BEHIND | LEANING |
| BRAIN | OVER |
| FIELD | TURN |
| FORDEAD | WING |
| HANDED | |

SYDNEY ATTRACTIONS

- | | |
|----------------|-------------|
| BONDIBEACH | OPERAHOUSE |
| DARLINGHARBOUR | PORTJACKSON |
| HARBOURBRIDGE | THEROCKS |

DISNEY FILMS

- | | |
|-------------|-------------|
| CARS | TANGLED |
| FROZEN | TARZAN |
| PETERPAN | THELIONKING |
| POCAHONTAS | WALLE |
| RATATOUILLE | |